

ABSTRACT

A method for recording on a write-once type optical disc. A laser light beam excited to light emission by a recording pulse having a pulse width corresponding to the length of a pit formed, with the recording power of substantially the leading end of the pulse being stepped over plural stages, is illuminated on a write-once type optical disc for recording. This enables recording with an optimal pit shape at a speed faster than a quadrupled speed, such as at an octupled speed or a duo-deca-tupled speed.

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